

Basic Skills

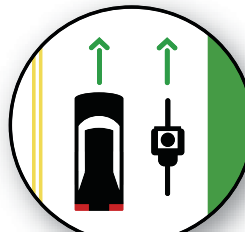
Before you ride in the road, learn the basic skills to bicycle safely. Ask an experienced cyclist to teach you how to:

- ✓ Mount your bike
- ✓ Start riding
- ✓ Balance while riding
- ✓ Ride in a straight line
- ✓ Look back for cars without swerving
- ✓ Signal before you turn or stop
- ✓ Turn both directions
- ✓ Slow down and control your speed
- ✓ Stop and dismount

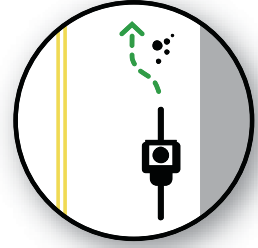
Ride With Traffic

Once you have mastered the basic bicycling skills and an adult has given you permission, be cautious and confident when riding on the road.

Always ride in the same direction as cars, stay to the right hand side of the road, signal when making a turn, and stop for stop signs and red lights.

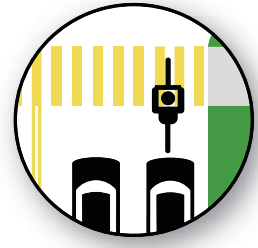


Safe Riding Practices



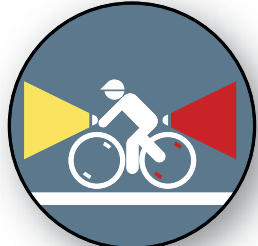
Avoid Roadway Hazards

Watch out for loose gravel, slippery utility covers, oily pavement, and ice. Avoid cracks in the pavement and sewer grates as thin tires can get stuck in these. Cross railroad tracks at a right angle. For better control as you move across bumps and other hazards, stand up on your pedals.



Ride Where You Are Most Visible

Stay out of blind spots of large vehicles. When approaching a driveway or cross-street, especially at high speeds, move to the left so that turning drivers can see you sooner. When traffic is stopped at a red light, move to the front of the intersection.



Be Visible At Night

Use lights when you ride at night. You're required to use a white front light and a red rear reflector, at minimum. A red back light, bright clothing, and reflectors on your pedals and bags will make you even more visible.



Protect Your Head

Helmets are required for all bicyclists, skateboarders, and in-line skaters under the age of 18. For people of all ages, a properly fitted helmet reduces the risk of head injury.

Bikeway Types

When planning your trip, keep in mind the three types of bikeways shown on the map. Bikeways are designed to be safer and more pleasant to ride than the average street.



Multi-Purpose Trail

A complete separated two-way right-of-way designated for bicyclists, pedestrians, skateboarders, and other people-powered modes of travel.



Bike Lane

A striped lane for bike travel on a roadway. Motorists travel adjacent to bicyclists and may pass through the bike lane when making a turn.



Bike Route

A street designated for bicycling where bicyclists and motorists share a lane.

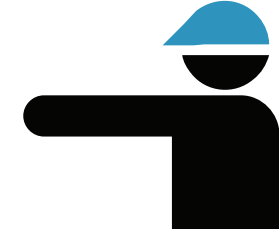
Hand Signals

Hand signals tell motorists, other bicyclists, and pedestrians what you intend to do, and are required by law.



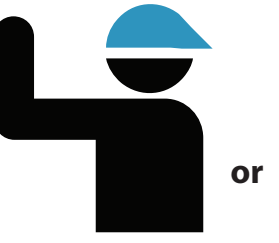
Stop

Drop your left arm to a 45 degree angle from your bike.



Left

Put your left arm straight out at your side.



Right

Bend your left arm to make a 90 degree angle.

Put your right arm straight out at your side.

Locking Your Bike

Bicycle Parking Tips

Bicycle theft is a common problem. Never leave your bike unlocked, not even for a second! Always use a high quality U-Lock or chain.

Always lock the frame and front wheel to a secure rack or post, since wheels can often be easily removed from a bike (see Illustration 1). For extra security remove the front wheel and lock it with the frame and rear wheel (see Illustration 2).

When leaving your bike for long periods or overnight, bring your bicycle indoors or lock in a secure location. Remove components that could easily be stolen such as lights or speedometers.

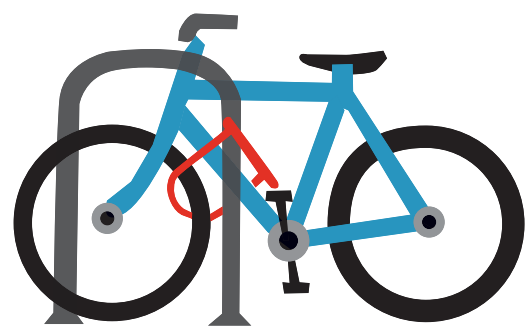
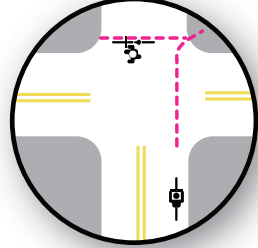


Illustration 1



Illustration 2

Courteous Riding Practices



Crossing Intersections

The safest way to cross is by dismounting and walking your bike across the intersection. If you are making a left turn, wait on the sidewalk for a safe time to cross. Always look both ways before crossing a road and wait for the "walk" signal at busy signalized intersections.



WALK



The **WALK** signal means that you should stop at the curb or edge of the road, look both ways for oncoming traffic, and then -- if it's safe -- cross the street. Remember to look left, right and left again before crossing the street.



DONT WALK



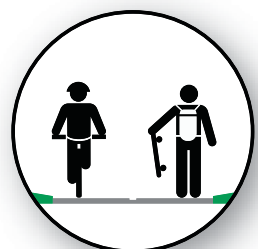
When you see a **FLASHING DONT WALK** or **FLASHING HAND** before you enter the crosswalk, wait at the corner for the next walk signal. If you are in the middle of the street and the **DONT WALK** signal flashes, finish crossing to the other side.



DONT WALK



A **DONT WALK** or **HAND** means wait at the corner for the next **WALK** signal.



Share the Trail

Be courteous on bike paths and shared-use paths. Bicyclists and skateboarders should yield to pedestrians. Yield to slower users and children. Only pass on the left with adequate clearance, and use a bell or your voice to announce that you are passing.

ABC Quick Check

Before you go for a ride, do an "ABC Quick Check." Ask an adult or older sibling to help you find the parts on your bike to check over.



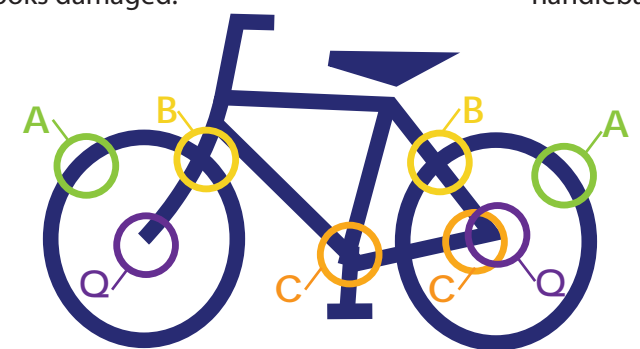
A is for Air

- ✓ Do you have air in your tires?
- ✓ Inflate tires to rated pressure as listed on the sidewall of the tire. Use a pressure gauge.
- ✓ Tell an adult if your tire or bicycle looks damaged.



B is for Brakes

- ✓ Do your brake pads appear to be worn too thin?
- ✓ Check that your brake pads are not rubbing against your wheel or tire.
- ✓ Check that your brake levers do not pull all the way down to your handlebars.



C is for Cranks, Chain and Cassette

- ✓ Is your chain threaded over the sprocket and properly oiled?
- ✓ Check your chain for wear; 12 links should measure not more than just over 12 inches.
- ✓ If your chain skips on your cassette, you might need a new one or just an adjustment.

Quick is for Quick Release

- ✓ Are your quick release levers tight?
- ✓ Check the lever on your hubs in the center of the wheel.
- ✓ Check the lever holding your seat post in place.

Check is for Check it Over

- ✓ Check the bike over for any loose or broken parts.
- ✓ Take it for a test ride to check braking and shifting.

Source: The League of American Bicyclists. For more information visit www.bikeleague.org

Bike and Hike in Fairview Park

Multi-Purpose Trails are great places to master your basic bicycling skills.



Safety Tips

- Ride with an adult or a friend.
- Tell an adult where you are going. Don't leave home or school without checking with an adult first.
- If you get a flat tire, or your chain falls off, walk your bike to your home, school or the nearest place you feel safe. Ask an adult for help fixing your bike.
- If you fall off your bike and hurt yourself, seek help from your parent or other adult that you trust.
- If a stranger offers you a ride, say "NO!" Don't go anywhere with a stranger.

For more information on bicycling in Costa Mesa visit our website:

<http://www.costamesaca.gov>

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<http://www.facebook.com/CostaMesaCityHall>

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Costa Mesa
BICYCLE MAP
AND
SAFETY GUIDE
Children's Edition